



Vegetable Stuffed Tomatoes with Rice Pilaf

Serves 4

Rice Pilaf

2 tbsp extra virgin olive oil
1½ cups long grain rice
3 cups vegetable stock
3 tbsp tomato paste (I like the basil, oregano, and garlic tomato paste)
1 garlic clove, minced
¼ cup minced onion
½ tsp red chili powder
1 tsp pepper
1 tsp salt

Vegetable Stuffed Tomatoes

4 large tomatoes
1 carrot, peeled and julienne cut
1 small zucchini julienne cut
1 celery stalk, julienne cut
1 bunch green onions
1 small ginger root, peeled, julienne cut
1 tsp sesame seed oil
1tbsp extra virgin olive oil
Salt and pepper to taste

1. Heat a heavy bottom cooking pot on the stove. Add the oil, garlic, onion, red chili powder, pepper and salt. Sauté until fragrant.
2. Add rice and sauté rice until it changes colors. Will take about 8 minutes or so. Stir constantly.
3. Add tomato paste and vegetable stock. Stir to incorporate.
4. Bring to a boil, reduce heat to a simmer, cover and allow rice to finish cooking. (About 15 minutes)
5. When rice has absorbed all the liquid and is tender, remove from heat and allow to sit for about ten minutes.
6. Cut the top off of the tomatoes and carefully hollow them out. Set aside until ready to use.
7. In a large bowl, mix all the vegetables together (except the tomatoes) with the sesame seed oil, and olive oil. Toss to coat.
8. Sauté for about 30 seconds in a hot sauté pan. Remove and carefully fill out the hollowed tomatoes.
9. Place tomatoes on top of a bed of rice pilaf and enjoy!

Nutritional Analysis: Recipe Serves 4

Serving Size: One Stuffed Tomato

Calories 440

Protein 9g

Carbohydrate 74g

Total Fat 12g

Saturated Fat 2g

Cholesterol 0mg

Sodium 1420mg

Fiber 6g

Diabetic Exchanges

Protein 1

Fat 2

Carbohydrates 5